



## Message Eleven of Twelve Living with the Ascended Heart of Multi-Dimensional Presence

*Through Wisdom Teacher Sri Ram Kaa & Master Lady Kira Raa  
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### *Archangel Zadkiel Speaks*

Yes! Hello! We welcome you. It is indeed a great delight to be here in the time of great and wondrous **RE-NEW-ALL**, **RE-FRESHment**, and **RE-Juvenation!**

Dear ones! As you align with the energy of the planet that is upon you now, you are in a time of rapid growth, rapid escalation, and rapid chaos. Yes! It is important to understand this.

Within this recognition and this knowing, there is time for you to now ride the wave! As you ride the wave, it is important to remember that riding is a joyous event, is it not? Do not people ride waves for pleasure? Yes! They do!

### The Importance of Balance and True Alignment

This is a great opportunity for you to practice your balance. Oh, Yes! There are many opportunities now for you to notice what is balance, and what is not balance. Let us begin by offering you an opportunity to remember your balance.

Do you remember flapping and clapping<sup>1</sup>? This is a most important piece of beginning balance. For you see dear ones, there is more to the exercise of the flapping and clapping than simply jumping around. As you jump around with the flap and clap, it is important to recognize that in the energy of the opening of the angelic portals, in the energy of opening ALL of the chakra systems of the Ascended state, you offer your-self more balance. More balance in many, many, ways.

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<sup>1</sup> Direct reference to the Angelic Portal Opening/Flap & Clap practice from Lesson Ten of this series.  
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We do not just speak about what do I eat? What do I not eat? What do I drink? What do I not drink? We offer to you true alignment within balance.

*In true alignment within balance, you give to your-self great gifts.*

Yes! Within the great gifts of true alignment with balance, one radiates light, love, and the creationism to manifest ALL. Yes!

### **Illuminating the traditional Root Center**

Let us offer a practice. Bring your attention now to that which you know as the traditional root chakra located at the base of the spine. Bring your energy and your attention to this point. Breathe in deep.

Instead of seeing red as the color of this chakra, bring in pure crystalline light. Infuse this chakra with pure crystalline light. Allow this great pure crystalline light to infuse into you as it clears out all energies that carry congestion. As you breathe and call in this pure crystalline light, we offer you now a golden ray of integrative energy.

Call in this golden ray of integrative energy into the crystalline light. Yes! Now as you call this in, imagine that this golden ray is a sword. Invite the sword to come forward into your lowest chakra. Then pull this energy up through each chakra. Open each chakra as if a surgeon has come to you and said, "Enough, we must open this!" Allow each one to be opened by this golden sword.

As you bring this energy up and into the throat, invite the blue energy of the throat to open wide into the truth chakra energy evermore expansively.

*You are unable to sustain balance at this time if you are unable to be in truth with yourself! If you are not in truth with your word, you are unable to be in the truth with all that is around you. Ask yourself in this moment now:*

*"Am I in the truth of my being?"*

*Allow yourself the gift of KNOWING this.*

*Allow the gift of KNOWING this.*



Call this golden energy up into the third eye. For many of you here there is much opening, and as you go up into the third eye, allow this now to go up above the third eye into the crown chakra and above. In this moment the Radiance of “the many” comes through to you.

Breathe again and relax.

### Working with Ascended Energies

Let us share more of what you just did and what just happened. As you have now opened up and transmuted the traditional root chakra into bright crystalline light, and as you have raised this energy above the crown chakra, you ignite your Ascended chakra system which roots at the heart.

*You are unable hold stable your ascended energies in balance if you are aligned or out of balance with that which is calling to you now. Many have been called into great forms of chaotic density because your planet is spinning off kilter in ways that invite many to judge and many to measure.*

If you are looking at your life experience and what is around you with traditional eyes, if you say to yourself, "I must have traditional eyes, I must be here with traditional eyes;" then you will feel off kilter.

*Call forward your balance by KNOWING that you can anchor the last point of the root chakra of the spine. You can anchor it with bright crystalline light while holding the Ascended state of the heart.*

This year we have been teaching you about the ascended chakra system and opening the heart as the root center of ascended presence. We have shared about moving into the throat as the truth, about coming into this understanding, and opening up the third eye to be the point of the exploded crown energy.

For those of you that do not still feel the exploded crown, let us share more.



### Working with The Exploded Crown Chakra

Call forward your energy and your breath to the third eye. As you bring your breath to the third eye, allow that energy to expand out as if an inverted triangle on either side of the head about six inches. From there let it go directly up so that it forms a complete diamond shape or pyramid shape. Feel this energy!



The Saint Germaine stands behind you here in this moment now, offering you a violet flame of transmutation into the exploded crown chakra.

As we do this, there are those of you that say, "I do not feel anything!"

We say OK, you do not have to. Feel what you want to feel, what you wish to feel.

There are also some of you that say, "Oh my goodness I have just left my body!" We say enjoy the ride. Yes! It is good thing, it is ALL a good thing.

*Dear ones, you are at the time now where many are judging harshly many acts and many things. Your exploded crown, in this energy and in this moment, offers you the gift of divine connection.*

### Beyond the Exploded Crown Chakra

Today we wish to take you further above the energy and wish for you to experience beyond the exploded crown. So breathe deep dear ones, breathe deep. Your breath is your freedom.

*Your breath is your freedom. Remember this.*

Sri & Kira  
**LIVING IN THE FIFTH DIMENSION**  
*a series of Loving Transmissions from Archangel Zadkiel*

So many do not breathe. So many trap their breath. Your breath is your freedom! As you go into your exploded crown now, each of you, behind you now, some of you more than one, have many who are with you in this moment assisting you to go further.

*As you connect with and enter into the Divine Galactic Blueprint of Your “self”, your heart chakra moves you. Your truth chakra opens you, and your exploded crown is your lunar module.*

You know the lunar module, yes? It separated from the main capsule and went to the moon. This is the purpose of the exploded crown. When you wish to travel, to experience, to explore; when you say I want to connect, I want to have vision, I want to go further, ***this is how you can do it. This is why you are receiving this energetic infusion into the exploded crown.***

As you enter into the exploded crown now, at the very top of the exploded crown chakra there is a small opening. It is a golden crystalline portal and it is very small. It is at the top of what you would call the diamond of the exploded crown.



Call it in! See this energy!  
Call forth now your ascended heart and go into it.

See the emerald swirl with the diamond and the gold. Allow this all to swirl together.

As you call up the Ascended heart into the center of your exploded crown, see it resting there.

See the interconnected infinity of the Ascended Heart resting inside the exploded crown. As you bring this into the exploded crown, breathe in ever more. Allow your attention to now go to the top of the exploded crown to watch and witness as the portal opens evermore.



Bring your attention up through this portal allowing the Ascended heart to sit in the middle of the exploded crown, it *must* remain there.

*It is the combination of the lifting of the Ascended heart into the exploded crown that opens up the portal into the higher Ascended frequencies.*

As you open this portal, allow yourself to just lift. Above you, you will see what looks like another exploded crown only it is golden. You may go there if you wish, and you may practice this often. Know that as you practice you call yourself closer to that which is above the golden portal, that which is infinite connection. *Infinite connection.*

### Lifting with the Ascended Energies

Yes! Dear ones breathe. In the twelve torches of the Elohim, in the twelve torches of the Enochian lifestyle, you are at the time now where all time is folding upon itself.

*There is only you. There is only now. There is only this moment.*

Release your concept of past. Release your concept of guilt, your concept of obligation, your concept of anything other than the moment of now. In the moment of now, all is in, all is out, all is within, all is without.

*Within you is a great activator. You are the crystal. You are the activation. You are undeniably shifting at this time. You cannot deny this!*

We encourage you to practice unifying the Exploded Crown with the Ascended Heart often. Each time you practice, even minutes at a time, you will find yourself going places you have yet to dream of.

You will say, "*Oh my goodness, I can really do this.*" We say, YES! You can, and you can do it well. And, YES, you can help teach others. For you see dear ones, we have helped you to understand the Divine Galactic Blueprint. As you open your heart to lifting into the Ascended chakra system, all of the exercises, all of the breathing that has been offered as practice and training, are to assist you during this time on the planet to be joyous and easy.



Do you remember the Holy Schmoly<sup>2</sup>? Yes! All of the breathing, the flap & clap, you will now know whether or not you have integrated all these energies by how effortlessly you can lift from the Exploded Crown. If you are not lifting effortlessly, we encourage you to allow yourself to practice, if you desire. Remember it is always your choice.

*There are many more now than you may know that have decided to stay very deep in density. And not all are aware they have made the choice!*

Even those that you may call close friends or family may say, “I cannot do this anymore. I must hang out in density.” Celebrate them.

You are at the time of celebrating your absolute undeniable knowing that you are indeed multi-dimensional. That YOU...ARE...shifting, that YOU...ARE...living in more than one world, how fun is that?

Some say, “Not fun at all! I can only handle one dimension and barely that.” OK, it is up to you. It is what you feel good about that you should embrace.

Because of this, we implore you dearest ones, to make your decision.

### Clarity, Indecision and Pain

You are at the time where indecision is pain-full. It is absolutely pain-full in many ways. Know that there are many around you who are addicted to the pain of indecision. Love them through that. Their physical symptoms will manifest.

Do you see many around you on medications? We know you do, we all see this. The rise in the use of medications is due to the rise in alignment with density energy. It is also there to assist many to move out of their alignment with density.

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<sup>2</sup> Reference to the Miracle Hands technique as taught in Lesson Two of this series.



This is also a choice! Where do you align your energies? Are they consistent or inconsistent?

This is why we talk to you about balance, because in your balance everything normalizes.

So many ask, what is this word normal? What is the word abnormal?

*We invite you to recognize one thing.*

*In the normal of your BE-ing, you are in peace. If you wish to know if you are normal, ask yourself if you are experiencing peace.*

Often times in the realignment into density, you do not feel peace-full, while others claim you are normal. Whereas before they claimed you were absolutely not normal and you were peace-full.

Reflect deeply upon this: Where do you find your peace?

So many of you ask: "What do I do now? Where do I go? How do I do it?"

We offer you this gift. BE...IN...Your Peace. From within your peace all is available.

### [Talk to your Body and Find your Peace](#)

Many say to us, "*How do we find peace? I do not know how to find peace. How can I find it? Where is it?*"

It is not out there dearest ones! It is within your heart chakra residing in the ascended state of truth. Give yourself the gift of the ascended state of truth. If you are indeed moving through something that is so uncomfortable you can barely handle it, then you must ask yourself, *is this in my truth?*

Bring your hands to your truth chakra of the throat. See if your throat is sore. See how your throat feels. See what the energy is. Often times you are hiding more in your throat than you are aware of. You may start coughing before you say something; you don't even know why. You are coughing because the truth of what you are saying wants to be released yet the mind of the third dimension is holding you. *Pay attention!*



*Allow your bodies to be the gift that they are.*

Let them talk to you; they are talking. They are chatterboxes indeed. They have much to say. Let them talk to you. The question we ask is: ***Are you listening?***

When your feet hurt do you just say, oh cursed feet? Or do you ask, what is it you need to say to me? When your stomach hurts, do you just assume it is what you ate? Or do you talk to your stomach? Ask yourself now, "Am I talking to my body?" When you wake up and don't feel so good or so cloudy, talk to your body. When you find yourself getting very tired, talk to your body.

*Your body loves you and your bodies are terrified. Your bodies, more than you, feel the shift that is happening on the planet now. You must know this!  
All bodies! ALL bodies are in fear right now. ALL of them!*

And my goodness gracious, all of you get to live in a country of fear<sup>3</sup>. Talk about the double whammy. Yes!

*As all bodies are aligning with the fear of losing you;  
you are also being bombarded by an energy of fear.*

How strong you are! How courageous you are! How amazing you are! You...have chosen... TO BE...here! To say I can find the truth of what is and hold the truth of what is in the midst of all fear. My goodness! Do you give yourself enough credit for this?

Because of the fear energy that must rise off the planet now, you must be talking to your body. You must be! Many, many, many will develop very rapidly many different illnesses at this time. This is why there will be a medication explosion.

*The body in fear that is without communication to the soul, can only speak to you through disease! It is the only way it can speak to you.*

If you simply enter into gentle communication, your body can easily and effortlessly move through any discomfort! Remember this!

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<sup>3</sup> When this insoulment was originally delivered it was to an audience of those residing in the USA.



*KNOW YOU ARE at the time of your greatest manifestation ability ever!  
The truth of who you are is more prevalent now than has ever been in any  
experience in your form of density.*

### Your responsibility as a Conscious Co-Creator

Was that powerful enough? We come to the time of the integration of the Divine Galactic Blueprint within, as you learn to lift up out of the exploded crown chakra, dear ones, BE response-able with the energy you call in.

We wish to share briefly about a phenomenon we are concerned about in our realm. You call this remote viewing. You know what this is? OK. All we wish to share is this, **as you become more and more aware, as you become more available to see, be responsible. Be responsible.**

Who is peeking at who? How would you feel about this in the third dimension? Do you think it is any different in any other?

**Be responsible dear ones.**

At the end times of Atlantis, it was the irresponsible use of energy that created the chaos. It was the lack of honoring of the truth of the Elohimian connection that led to the way that everything diminished.

*You are powerful co-creators; be responsible. You have a great honor bestowed upon you when you activate the energy within.*

It is not a parlor trick. It is not for magician trick. It is so that you can be in the truth of your authentic being, in the reconnection with the one light of love that you are.

Dearest children, you are here because you are powerful beyond measure. Be response-able. Show others how to be response-able. When those who are simply curious peek at you in another dimension and you are aware that they are peeking, love them back to their truth. Avoid inviting phenomenon for the sake of phenomenon.

So many say to us, "*What is my soul name? What is this? What is that?*" They ask merely for curiosity, not because they are ready. This is why so



many believe they are never answered. You are ALL answered. You have heard the response and sometimes the answer is no. You are all-ways answered. You are all-ways loved. You are all-ways protected and you are never alone ever.

We love you *so* much. The love that we share for you can only be matched by the love that you have for us, and how we know that is by the love you carry for yourself.

*Do not deny yourself. Open your heart to the gift of you. Be response-able dearest ones. You have been gifted with much. It is your time as conscious co-creators to celebrate, to be in joy, to magnificently lift, to reunite in the Light with great expansion and joy.*

Anything that is unlike joy truly should not be done. Ask yourself why am I doing it? Look deep within your own co-creative process. Many of you are gifted. *All* of you are power-full.

Within the gifts of the many come the gifts for the all. How do you choose to share? How to you choose to be? These are your choices.

Once you make the choice of which dimension you want to be in, then you get to make the fun choices again. How do I share? How do I grow? How do I expand? Don't forget to dance, too many of you are too serious. Don't forget to dance. Don't forget to play.

We encourage you all to find the big swing set of life; climb on and go as high as you can. And when you are done, jump off and get on the sliding board. YES! When was the last time you did so? If it has been too long, do it again. Find that playground, stop the car, screech the wheels, jump out, run over and go, "I can't believe I am doing this!"

*Let yourself rejoice. It is time! It is time. It is time!*

And so, we answer your questions.

**Question:** *With the economy perhaps collapsing, where is the best place to put ones money?*

**Archangel Zadkiel:** Uh Oh, stock tips! *(audience laughter)* We do not do this. You must know this. No hot stock tips here today. Lucky numbers, you



go open fortune cookie. OK, what we wish to offer you is this. The economy is not perhaps collapsing, it is. You must know that. It is. It is not the perhaps. Let your own heart guide you.

This question we wish to offer an extra piece. The extra piece is you are being gifted with the gift of preparation. Dearest ones if you know it is coming, why do you delay? What do you need? And what do you want?

So many say, "Should I dig cave? Should I live in cave? Should I go here? Should I do this? Should I put money in mattress? What should I do? Do I grow food? Do I not?"

We ask you to go into your truth evermore. This is why in this time now we have brought you to the culmination of the exploded crown energy. As you practice this, as you go through the portal you will know the safety of you.

Dearest ones if the collapsed economy scares you, imagine a collapsed planet. Holy Schmoly, yes! We know that the money is big 3d issue. Money, money, money. We hear it all the time. Where is my money? Get me more money. I want money. OK!

*When everything around the 3d begins to shift dramatically is when you can actually expand evermore and be untouched if you are indeed energetically prepared, and if you understand that the truth of your safety is already within you.*

Yes, there will be a period of several weeks of readjustment. (*Zadkiel had predicted the Hurricane which struck two days later*) In this country, especially, it will look very different than it does now.

There will be many who will come to the streets and say we are here to protect you. Be prudently prepared for a couple of weeks. This is all you will need. During that time, you will readjust and you will be able to shift dimensionally.

In the truth dearest ones, all you need is water. In the truth. You are being prepared because you know what is to be. As far as your money and where to put it, your heart will guide you. If you are in truth, this is why we go back to the truth chakra of the throat, if you are in truth with yourself, you will be guided properly.



We wish also to address, because we know those who will read this later will say, "*What about where I live? Where should I live? Will this place even exist?*" We hear this one a lot too. You cannot ever not exist. Let's say it again. You cannot ever not exist. Ooh, double negatives, we like that. *(much laughter)* It is important to remember the following:

*If you can go into the truth of this knowing, you will dimension shift when you need to. You will be where you need to. You will not ever experience terror or pain. It is only the mind of the third dimension that can experience terror and pain. Where do you want to be?*

*This is why we are asking you to make a decision.*

It is a time of joyous, *joyous, joyous* being! Celebrate! If you have a week where you live on water, celebrate the purity that you are. Celebrate! In your celebration there is no fear and in your celebration you are safe. This is all we wish to say about this now.

**Question:** *I wanted to know about how the animals are being affected by the ascension energy, the ones that are loose and also the ones that are kept in captivity?*

**Archangel Zadkiel:** Many are transitioning off the planet now. This is a very powerful question. There will be many more of what they call extinct species very, very quickly. Many of these species are simply unable to stay in the energies of chaos on the planet. And there are also mutated forms. There will be new forms of what you call insects that will be discovered and say we never knew this exist before. Looks like this, looks like that, it could be both. Well yes it kind of is. There are indeed many new forms of life that are budding and there are many that are leaving. Those that are in the care or in the comfort or sometimes in the chaos of those that are in a human body are very aligned with this energy. They are experiencing everything you are experiencing without any difference, only they have greater confusion at times and sometimes they have greater clarity.

**Question:** *Where is Tu'Laya?*

**Archangel Zadkiel:** Tu'Laya, dearest one, is a whole discourse in and of itself. However, we will share this with you, and we have talked about



this before so you may go to any archive of our talks and find this. Tu'Laya is not a where, it is more of a when.

When Light began expanding, when you expanded from Source and said yes we will take on the great expansion, we will take on the great experience of density, the first form of density, which was very different than this form of density, has been mythologized on this planet as Lumeria. *Lumeria is a myth.* The myth of Lumeria is meant to be able to keep one in density energy and to be able to prevent one from reconnecting with the truth of Source. The true experience of the first experience of density was the experience of Tu'Laya. Yes you were there and you know it.

Often times when people connect with the Lumerian energies, they mythologize, they romanticize, they come into a belief that it was a very similar societal structure, that there were all kinds of similar structures. When the gift is that *yes* there was a densification, it was the first form of densification. In the Tu'Layan adventure, for indeed it was an adventure, Light began to learn the expression of density. As Tu'Laya shifted, there were two, as you would say forms of Light, that which is now what you call the Illuminati and that which is those who are now in Light.

The end time of Tu'Laya was the birth of both forms. There are those of you that said yes, we will continue in density and we will move forward because the greatest gift Light can give Light is expansion. And there were those that have become what you call the Illuminati energies that said we must stop this at all cost because it is interfering with Light.

*Know that both in their own belief structures, or their own hearts, we offer that as a realm of connection, they believe they are doing the best they can .*

Even that which you call the Illuminati believe in their heart that they are protecting.

Recognize that your heart sees the truth of Tu'Laya. As a conscious co-creator at the time of the 3 pyramids, you call forth this energy again. You are all at the time of complete conscious remembrance of every experience you have ever had. All of you have this ability, it is not limited. Many blessings.

*Sri & Kira*  
**LIVING IN THE FIFTH DIMENSION**  
*a series of Loving Transmissions from Archangel Zadkiel*

*Dearest ones! YOU...ARE...at the time of great powerful re-unification,  
re-juvenation, and re-membrance.*

*Be in Joy! Be in bliss!*

*My goodness enjoy it! Many blessings. Many, many blessings.*

*"As you focus on the truth of you, the chaos will diminish. Just stay focused."*

